



# State of New Hampshire EMPLOYEE WELLNESS NEWS

May 2010

*Wellness Program NEWS YOU CAN USE!*

## May National Arthritis Month

**May is National Arthritis Month**, promoting awareness about arthritis.

Did you know that 1 in 5 Americans report doctor-diagnosed arthritis? As the population ages, those afflicted with arthritis will mushroom. Nearly a million Americans will be diagnosed with arthritis this year alone. Arthritis is not a single disease, as there are more than 100 different types and conditions. The most common types are osteoarthritis, gout, rheumatoid arthritis and fibromyalgia.

The Arthritis Research Institute of America specializes in research about osteoarthritis. This disease predominantly affects the joints, unlike other types of arthritis which may have systemic effects. The most common symptom associated with osteoarthritis is pain in the affected joint after repeated use. Joint pain is often worse later in the day. The affected joints can swell, feel warm, and become stiff after prolonged inactivity. Osteoarthritis can occur with other forms of arthritis simultaneously. Bone spurs and bony enlargements are also characteristic of osteoarthritis.

There is no single medication or treatment which cures arthritis for everyone. There are treatment options which help with managing pain, controlling arthritis symptoms, and reducing joint damage or deformity. Your primary care doctor can refer you to a rheumatologist. Getting a good diagnosis is important so that you can determine your type of arthritis and start a treatment plan.

Since there are various types of arthritis and many treatment options, it is important to be properly diagnosed and treated early in the course of the disease. Delaying diagnosis and treatment allows arthritis symptoms to worsen. The best chance for preventing joint deformity and disability begins with early diagnosis and treatment.

[Resource: article and photo, [www.preventarthritis.org](http://www.preventarthritis.org)]

**For more information on Arthritis, talk to your health care provider and visit [www.arthritis.org](http://www.arthritis.org) or [www.webmd.com](http://www.webmd.com).**

### Can you prevent osteoarthritis?

An ounce of prevention is worth a pound of cure! The less unnecessary stress you put on your joints, the less likely they are to wear out prematurely. Keep your weight under control. When working and exercising, try to use good posture, and if a joint starts to bother you, rest it immediately. Your health care provider may be able to offer suggestions to minimize your risk for joint injury. The Arthritis Foundation makes the following recommendations to protect joints and prevent osteoarthritis:

—**Maintain your ideal body weight.** Excess weight puts stress on your joints, especially your hips, knees, back, and feet.

—**Move.** Exercise strengthens muscles around joints, this can help prevent wear and tear on cartilage in a joint.

—**Maintain good posture.** Good posture protects your joints from excessive pressure, especially your neck, back, hips, and knees.

—**Do a variety of physical activity.** Alternate periods of heavy activity with periods of rest. For example, if you do weight training one day, do aerobic exercise the next day. Repetitive stress on joints for long periods of time can cause the excessive wear and tear that can lead to osteoarthritis.

—**Pay attention to pain.** If you have joint pain, don't ignore it. Pain after activity or exercise can be an indication you have overstressed your joints and that they need to rest.

—**Forget the weekend warrior.** Start new activities slowly and safely until you know how your body will react to them. This will reduce the chance of injury.

—**Avoid injury to joints.** Wear proper safety equipment. Don't leave helmets and wrist pads at home. Make sure your safety gear is comfortable and fits appropriately.

[Resource: <http://www.stjohnprovidence.org/HealthInfoLib/swArticle.aspx?1,1411>]

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## May 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17*	18	19**	20	21	22**
23*	24	25	26*	27	28	29
30	31					
	Memorial Day					

## Schedule of Events

**Health Observances:** Mental Health Awareness, Arthritis Awareness, Melanoma/Skin Cancer Detection and Prevention

\*May 17 -June 25 **DOT Green Commute 2010**, more information at [www.bwanh.org](http://www.bwanh.org).

\*May 19 **Concord Hospital Rock N' Race 5 k**

\*May 19 **National Employee Health and Fitness Day**—schedule a lunch time walk

\*May 22 **Arthritis Walk** in Manchester, [www.arthritis.org](http://www.arthritis.org)

\*May 22 **First Annual Spring Herb & Garden Conference** in Wilton; [www.nofanh.org](http://www.nofanh.org). Gardening is a great physical activity to engage in!

\*May 23 **NH Start! Heart Walk** in Manchester. For more information [www.heart.org](http://www.heart.org)

\*May 26 **Governor's Council on Physical Activity & Health 5k Intergenerational Walk and Award Ceremony at the State House.** For more information, contact [www.nh.gov/gcpah](http://www.nh.gov/gcpah)



## Wellness Coordinators Corner

### Department Administrative Services Celebrates another successful Weight Loss Challenge

by Diane Caldon, Wellness Coordinator: DAS and our partnering agencies are off to a great start towards living healthier and happier lives. 12 weeks of eating right, exercising and being honest with ourselves had an incredible effect on our overall health. During **Season 2 of the DAS Wellness Biggest Loser Challenge**, 13 teams and 5 individuals (91 employees and family members) **lost a total of 503lbs.** This averages to 35.9 lbs lost per team! Altogether, we have lost a total of 39.23% of our consolidated weight! Our top four participants, one of which did it as an individual rather than a member of a team, experienced a loss of over 11% of their initial weight and the top 23 participants saw a 5, 6, 7 or 8% weight loss. For most, just stopping the trend of gaining weight has been encouragement to be more "health wise." Many have made significant changes to their everyday lives that will help them to continue to improve their health without the help of the challenge, which is the whole purpose. We are very proud of our accomplishments and look forward to offering the challenge again this summer.

The **Legislative Office Building** Wellness Coordinators; Dianne Bergquist, RN and Ellen Neilley, RN held another successful Health Fair on April 27th with screenings and health information provided to the

participants. Many legislative staff came through as well as neighboring DAS agency employees.

**Department of Transportation's "Win to Lose" Challenge Finale** was celebrated on April 14th. The results were remarkable. Colette Farland-Vogt, Wellness Coordinator reported there were **167 participants** with a total weight loss **over 2,098 pounds!** There were two individual tied for first place; and the first place team were "The Maintainers." DOT will be planning a round two.

The **NH Retirement System** had a **Wellness Employee Day**, and for fun, the "Stressbusters" dressed up as fruit & veggies to encourage healthy eating! They kicked off the event with "The Power of Positive Thinking," by Paula Booth, Director, EAP.



NHRS "Stressbusters" promoting health eating!

## Sharing Fun Fitness Event



Annual SEA Road Race and Fitness Walk had a record turnout this year. There were many state employees who participated. Department of Transportation Commissioner George Campbell led the DOT team (pictured) to their second place finish. Commissioner Campbell was the fourth state employee to cross the finish line. The first place state employee team was from the Department of Environmental Services; next year, the DOT plans to give them a real challenge! NH Hospital Team also had a great finish! This annual SEA event supports the union's holiday charity, Operation Santa Claus. (Information for article and picture from SEA newsletter.)

## NH Commute Green Events in May

It all kicks off during Commute Green Week which is scheduled for May 15 – May 21<sup>st</sup>. Below are the “downtown Concord events.” During this week, over 2000 people bicycle, walk, carpool and take transit to work and other locations. For more info on other events in the state, visit [www.bwanh.org](http://www.bwanh.org)

May 17 – City Plaza, 7-9am, Bike Breakfast and Guided Bike Rides (Mayor's Proclamation)

May 18 – City Plaza, 7-9am, Transit Breakfast and Free Trolley Rides

May 19 – Eagle Square, 11-1pm, Bike/Walk from Work to Lunch

On Wednesday, May 19<sup>th</sup> at 11:55 am, meet your Wellness Coordinator to take a walk to Eagle Square where you will meet other state employees who are walking from several locations around Concord between 11-1. At Eagle Square, you will find free burritos and register to win an overnight stay at the Mount Washington Resort among other prizes. See your WC for more information!

May 20 – Eagle Square, 11-1pm, Carpool Lunch: Carpool to/from Work Day then meet at Eagle Square for Lunch

May 21 – City Plaza, 7-9am, National Bike/Walk to Work Day (Gov. and Dr. Lynch's Ride to the Statehouse and Proclamation and Guided Bike Rides)

(The City Plaza is the Main Street sidewalk outside the State House Property)

## Quarterly Wellness Coordinators Training

The quarterly **Wellness Coordinator Training Session** was held on Thursday, April 8th at the Local Government Center. The agenda included a welcome from Bill Byron, LGC and a morning stretch with Colette Farland-Vogt, DOT wellness coordinator. A presentation “Yes You Can!” by Kristen Caisse from LGC & Mrs. NH of America was inspiring and motivating; Cheryl Frey, DOI and Mary Ann Cooney, DHHS presented Heather Fairchild with the “Wellness Coordinator of the Quarter Award” for her outstanding contributions to wellness as the DHHS wellness coordinator. Next, Tim Parsons from the LGC presented an interactive presentation on “There are how many calories in that?” Kathy Sherman, Anthem, took the participants through a tour of “What's Your Health Footprint?” a part of Anthem's 360 program. The wellness panel discussion included “How to Motivate Yourself & Coworkers Towards Wellness,” with Heather Fairchild leading the group of dedicated wellness coordinators; Sandy Valtz (NH Vets Home), Kristie Kathan (NHRS), Diane Caldon (DAS), Lisa Campbell (DOI), and Colette Farland-Vogt (DOT). Diane Caldon, Joan Clinton (DOT) and Nik Coates (PATH) provided an update on fun events happening this spring in Concord and around the state. Wellness coordinators, see you back in July for another exciting and informative wellness event!



“Yes You Can!” declares Kristen Caisse, Mrs. NH of America.



Heather Fairchild, DHHS receives award from Cheryl Frey, HBAC workgroup member.



Tim Parsons, LGC, with nutritional models.



## Shared Recipe

### Cinnamon Raisin Bread Pudding

by Penny Blosser,  
Beavercreek, OH

Ideal for a 4 qt. slow cooker

- 10 slices of cinnamon bread/in cubes
- 1 cup raisins
- 1 cup fat free, cholesterol free egg product
- 1 1/2 cups warm water
- 1 tsp vanilla
- 1/2 tsp. cinnamon
- 15 oz can fat free sweetened condensed milk

Spray the inside of the slow cooker with non-stick cooking spray. Add bread cubes and raisins – toss gently. Mix remaining ingredients – pour over bread mixture evenly.

- Cook on high 30 min
- Cook on low 2-2 1/2 hrs.

Serving (1/8<sup>th</sup> of the dish) = 360 calories, 6g total fat, 110mg cholesterol, 240mg sodium, 12g protein

Can be served warm with maple syrup and cool whip. The recipe can be doubled for larger slow cookers.

Great brunch or Sunday breakfast idea. [Shared by Teri Blouin from DAS]



## Local Government Center

**Workplace Ergonomics**— In recent years, rapid technological advances and an increased focus on computer work have caused office workers to face a host of injury risks such as low back pain, carpal tunnel syndrome, neck, shoulder and eye strain—just to name a few. This program is designed to help participants capably adapt to the modern office environment by learning preventive solutions for reducing employee injuries

and accidents. Attendees will develop a basic understanding of ergonomic concepts, common musculoskeletal injury risks and strategies to decrease those risks.



To schedule this Health and Safety Seminar, contact your LGC Health Management Representative  
**Bill Byron**

800.852.3358

ext: 208

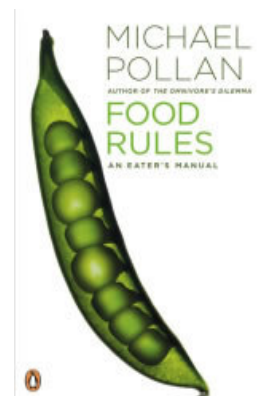
or e-mail at

[wbyron@nhlge.org](mailto:wbyron@nhlge.org)

## Wellness Book of the Month

Eating doesn't have to be so complicated. In this age of ever-more elaborate diets and conflicting health advice, **Food Rules** brings a welcome simplicity to our daily decisions about food. Written with the clarity, concision and wit that has become bestselling author Michael Pollan's trademark, this indispensable handbook lays out a set of straightforward, memorable rules for eating wisely, one per page accompanied by a concise explanation. It's an easy-to-use guide that draws from a variety of traditions, suggesting how different cultures through the ages have arrived at the same enduring wisdom about food. Whether at the supermarket or an all-you-can-eat buffet, this is the perfect guide for anyone who ever wondered, "What should I eat?" [Resource: [www.michaelpollan.com/foodrules.php](http://www.michaelpollan.com/foodrules.php)]. Sample rule below:

**Rule number 14:** *Eat foods made from ingredients that you can picture in their raw state or growing in nature.* Read the ingredients on a package of Twinkies or Pringles and imagine what those ingredients actually look like raw or in the places where they grow. You can't do it. This rule will keep all sorts of chemicals and food like substances out of your diet. [Resource: Food Rules, an eater's manual by Michael Pollan.]



## WELLNESS UPDATE!

### New SoNH Wellness Program Specialist

The HBAC Wellness Workgroup eagerly announces that Michael Loomis joined the Department of Administrative Services Risk Management Unit on Friday May 7, 2010 as the Department's first Wellness Program Specialist. Michael will work closely with the Division of Personnel as both units collaborate together and with others to advance the State's Employee Wellness Program.



State Division of Public Health on a variety of health promotion and health improvement initiatives. We are eager to have him join and lead the Wellness Workgroup, and to develop a strategic plan for a highly effective and comprehensive Statewide Employee Wellness Program.

Michael has a Master of Public Health degree, and has worked for the past two and a half years as the Community Health Educator for the Caring Community Network of the Twin Rivers in Franklin. In that position, he worked with primary care providers, the State Healthy Eating Active Living program through the Foundation for Healthy Communities and the

Michael grew up in Vermont, attended college in Maine and has lived in New Hampshire for the past four years in the Sunapee area. He is very active with his two year old daughter and wife Megan, who works in geriatric wellness as a Licensed Recreational Therapist. He enjoys many outdoor recreational activities including kayaking, hiking, fishing, snowshoeing and skiing. His favorite hike ascends the back of Mt. Sunapee on the Andrew Brook Trail where you can enjoy Lake Solitude as well as views of the White Mountains. Feel free to welcome Michael!

## Trail Spotlight

### Friends of the Northern Rail Trail in Merrimack County

The Friends group as the goal of extending the Northern Rail Trail from Danbury to Boscawen. Currently, the trail has been completed as a four-season trail from Lebanon through Grafton and from Potter Place in Andover to Chance Pond Road in Franklin. Motorized vehicles are prohibited except for snowmobiles in the winter.

**Visit [www.fnrt.org](http://www.fnrt.org) for more information about this great NH recreational resource.**

**Photo Contest!** - National Trails Day is Saturday, June 5! In response, the Friends of the Northern Rail Trail in Merrimack County (FNRT) is introducing its first **"Give Us Your Best Shot!"** photo event, a photo celebration of the rail trail between Webster Lake in Franklin and Potter Place in Andover, with the opportunity to win a golden railroad spike at a drawing in mid-June.

Please submit one photo -- YOUR BEST SHOT -- IN DIGITAL FORMAT ONLY, TAKEN BETWEEN JUNE 1 AND JUNE 8, 2010.

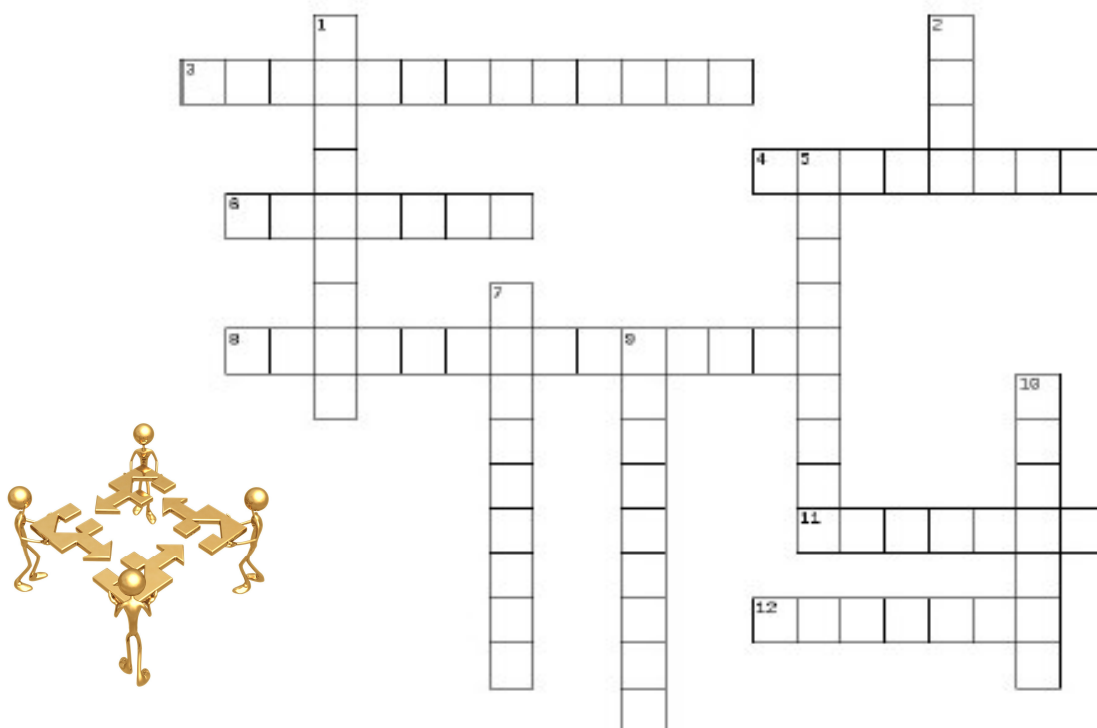
Entries should be e-mailed to FNRT at [info@fnrt.org](mailto:info@fnrt.org) BY END OF DAY MONDAY, JUNE 9th. A selection of the submitted photos will be published in the Andover Beacon, and displayed on the FNRT's kiosk in Potter Place and on the FNRT website. *Sorry, shots from camera phones are not acceptable.* All photos become the property of FNRT and will need to be submitted with the following information:

- Name of photographer and his/her contact info (address, phone, email)
- Place on the rail trail photo was taken (must be taken with at least ONE foot on the rail trail!)
- People in the photo identified, permission to use their image obtained and recorded in the email.

Have fun on the rail trail! SEE YOU ON SATURDAY, JUNE 5, at the trail walk at 9am at Webster Lake in Franklin.



# INSIDE the NEWSLETTER



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## Across Clues

3. NHRS "\_\_\_" promoting healthy eating by dressing up as fruits & veggies
4. Michael Loomis is our new \_\_\_ Program Specialist
6. There are 12 grams of this in the Bread Pudding
8. The Dept of \_\_\_ lost 2,098 lbs during their Lose to Win Challenge!
11. Green \_\_\_ 2010 is May 17- June 25
12. Good \_\_\_ protects your joints from excessive pressure, especially your neck, back and hips.

## Down Clues

1. Mrs. NH of America, Kristen Caisse's motto "\_\_\_!"
2. A recommendation from the Arthritis Foundation: Pay attention to \_\_\_.
5. Attendees will develop a basic understanding of \_\_\_ concepts.
7. \_\_\_ brings a welcome simplicity to our daily decisions about food.
9. May is National \_ Month.
10. Our most recent Wellness Coordinator of the Quarter (\_\_\_ Fairchild)